Rochester Senior Activity Center April 2024

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SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
31-Mar	1	2	3	4		6
	RSAC:	RSAC:	RSAC:	RSAC:	RSAC:	
	Drop In Hours 9am-12pm	Drop In Hours 9am-12pm	Chair Yoga 9:30am-10:30am	Drop-in Hours 9am-12pm	Drop-in Hours 9am-11am	
	Quilting & Crafting 9-12pm	Veterans' Time 9-12pm	Chair Yoga 11am-12pm	Tech Support 9am-11:30am	Mobility 9:45am-10:30am	
		· '		Cribbage for Seniors 1pm-3pm	,	
	Mah Jongg Free Play 1pm-3pm	Bingo 1pm	Kundalini Yoga 6pm-7:30pm	Beginner Line Dancing 6pm-6:45pm	Game Day 1pm	
	Iyengar Yoga 6pm-7pm	Arena:			Arena:	
	Arena:	Early Bird Power Hour 8am-8:45am		Intermediate Line Dancing 7pm-7:45pm	Zumba Gold 11am-12pm	
	Cardio Drumming 11am-12pm	Power Hour 9am-10am		Arena:	'	
	Car alo Branining Hani-12pm	Tower Flour Juni-10um		Early Bird Power Hour 8am-8:45am		
				Power Hour 9am-10am		
7	8		10	11	1	2 13
,	l		10	RSAC:		
	Senior Trip: Eclipse Viewing	RSAC:	RSAC:		RSAC:	Cycle of Memory
	RSAC:	Drop In Hours 9am-12pm	Chair Yoga 9:30am-10:30am	Drop-in Hours 9am-12pm CVNA Foot Clinic 11am-12pm	Drop-in Hours 9am-11am	2pm
	Drop In Hours 9am-12pm	Veterans' Time 9-12pm	Chair Yoga 11am-12pm	· ·	Mobility 9:45m-10:30am	
	Quilting & Crafting 9-12pm	Bingo 1pm	Kundalini Yoga 6pm-7:30pm	Seminar on Medicare and Medicaid	Game Day 1pm	
			Kundamii 70ga opin 7.00pin	1pm-2:30pm	i i	
	Mah Jongg Free Play 1pm-3pm	Arena:		Beginner Line Dancing 6pm-6:45pm	Arena:	
	Iyengar Yoga 6pm-7pm	Early Bird Power Hour 8am-8:45am		Intermediate Line Dancing 7pm-7:45pm	Zumba Gold 11am-12pm	
	Arena:	Power Hour 9am-10am		Conf Rm 1:		
	Cardio Drumming 11am-12pm			Cribbage for Seniors 1pm-3pm		
	Car alo Di animing Ham-12pm			Arena:		
				Early Bird Power Hour 8am-8:45am		
				Power Hour 9am-10am		
14	15	16	17	18	1	20
17				RSAC:		20
	RSAC:	RSAC:	RSAC:		RSAC:	
	Drop In Hours 9am-12pm	Drop In Hours 9am-12pm	Chair Yoga 9:30am-10:30am	Drop-in Hours 9am-12pm	Drop-in Hours 9am-11am	
	Quilting & Crafting 9-12pm	Veterans' Time 9-12pm	Chair Yoga 11am-12pm	Tech Support 9:30am-11:30am	Senior Breakfast 8:30am-9:30am	
	Mah Jongg Free Play 1pm-3pm	Bingo 1pm	Kundalini Yoga 6pm-7:30pm	Cribbage for Seniors 1pm-3pm	Mobility 9:45am-10:30am	
		• '		Beginner Line Dancing 6pm-6:45pm	'	
	Iyengar Yoga 6pm-7pm	Arena:		Intermediate Line Dancing 7pm-7:45pm	Game Day 1pm	
	Arena:	Early Bird Power Hour 8am-8:45am		Arena:	Arena:	
	Cardio Drumming 11am-12pm	Power Hour 9am-10am			Zumba Gold 11am-12pm	
				Early Bird Power Hour 8am-8:45am		
24	22	22	24	Power Hour 9am-10am		27
21	22					27
	RSAC:	RSAC:	RSAC:	Senior Trip: 1692 Salem Tour	RSAC:	
	Drop In Hours 9am-12pm	Drop In Hours 9am-12pm	Chair Yoga 9:30am-10:30am	RSAC:	Drop-in Hours 9am-11am	
	Quilting & Crafting 9-12pm	Veterans' Time 9-12pm	Chair Yoga 11am-12pm	Drop-in Hours 9am-12pm	Mobility 9:45am-10:30am	
	Mah Jongg Free Play 1pm-3pm		Kundalini Yoga 6pm-7:30pm	Cribbage for Seniors 1pm-3pm	Game Day 1pm	
		Bingo 1pm	Kundulini 70gu opin-7.30pm	Beginner Line Dancing 6pm-6:45pm	i i	
	Iyengar Yoga 6pm-7pm	Arena:		Intermediate Line Dancing 7pm-7:45pm	Arena:	
	Arena:	Early Bird Power Hour 8am-8:45am			Zumba Gold 11am-12pm	
	Cardio Drumming 11am-12pm	Power Hour 9am-10am		Arena:		
				Early Bird Power Hour 8am-8:45am		
				Power Hour 9am-10am		
28	29	30	1-May	2-May	3-Ma	y 4-May
	RSAC:	RSAC:	RSAC:	RSAC:	RSAC:	
	Drop In Hours 9am-12pm	Drop In Hours 9am-12pm	Chair Yoga 9:30am-10:30am	Drop-in Hours 9am-12pm	Drop-in Hours 9am-11am	
	· ·	' '	-	Tech Support 9:30am-11:30am	'	
	Quilting & Crafting 9-12pm	Veterans' Time 9-12pm	Chair Yoga 11am-12pm		Mobility 9:45am-10:30am	
	Mah Jongg Free Play 1pm-3pm	Bingo 1pm	Senior Hearing Seminar 1pm	Beginner Line Dancing 6pm-6:45pm	Game Day 1pm	
	Iyengar Yoga 6pm-7pm	Arena:	Kundalini Yoga 6pm-7:30pm	Intermediate Line Dancing 7pm-7:45pm	Arena:	
	Arena:	Early Bird Power Hour 8am-8:45am		Cribbage for Seniors 1pm-3pm	Zumba Gold 11am-12pm	
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	Cardio Drumming 11am-12pm	Power Hour 9am-10am		Early Bird Power Hour 8am-8:45am		
				Power Hour 9am-10am		
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